

## SDQ Questions:

BIG IDEA: The difference between worry and worship is Who you are talking to.

1. Can all of your worries add a single moment to your life? -Matthew 6:27
  - a. What is the difference between worry and worship?
  - b. Share an experience where you lost precious moments with your kids, your spouse, co-worker or friend because of fear or worry?  
  
\* Remember fear and worry don't add to your life, it takes away from your life\*
  - c. How can we move toward worship and less and less toward worry?
2. Joshua 1:5-9
  - a. What does God promise in vs. 5? How does that make you feel?
  - b. Take a deeper look into vs 6-9. God the Father implores us not once, not twice, but three times to be strong and courageous. When life hits us in the face, when struggles surface, when tragedy strikes, what practical ways does God share with us to live out this mantra to be Strong and Courageous?
  - c. Vs 8 God calls us to study His Word! How would our life be different, if we lived out vs 8?
  - d. Share some situations that could have been avoided, or handled differently had we took verse 8 seriously?
  - e. Read vs 9. In your own words, what is victory?
3. What, if not all of the CALM techniques do you resonate with?
  - a. Talk thru each one of these techniques.  
  
Calm-  
  
Acknowledge –  
  
List –  
  
Meditate –
  - b. Is God whispering to you in His still small voice to incorporate any of these tools to your spiritual life?
4. What is the difference between a warrior and a worrier?

a. What kind of worrier are you?

\_\_\_ Silent Suffer

\_\_\_ Control Freak

\_\_\_ Busy Body

\_\_\_ Mother Hen

5. If training is the key, what are we to train in? Barbra identified 4 key ingredients for training, what are they?

a. Talk about the importance of each one.

b. What are your thoughts on this quote? "If we are going to be a warrior, we have to drill and train every day in these tools. "

6. To be a warrior instead of a worrier, what did she say is the final step?

7. Take a look at these next 3 questions:

Aren't you tired of trying to manipulate your situation?

Aren't you tired of taking care of things on your own?

Aren't you tired of trying to force your will on situations?

8. What is God calling you to surrender?

(Other verses: Joshua 1:9, Matthew 6:27, 33-34, 2 Peter 1:7, Philippians 4: 4-6)